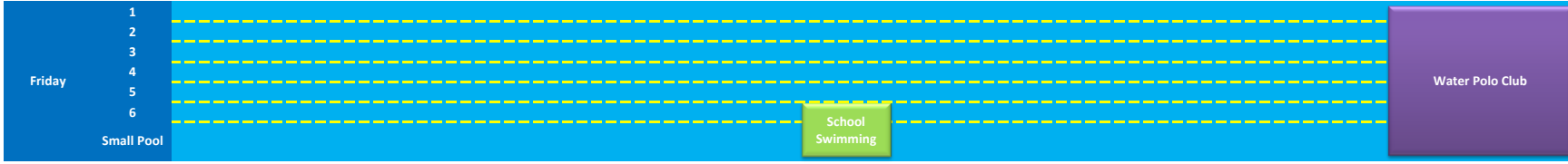
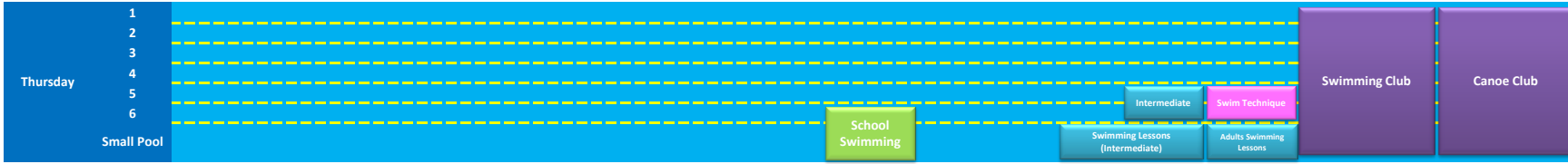
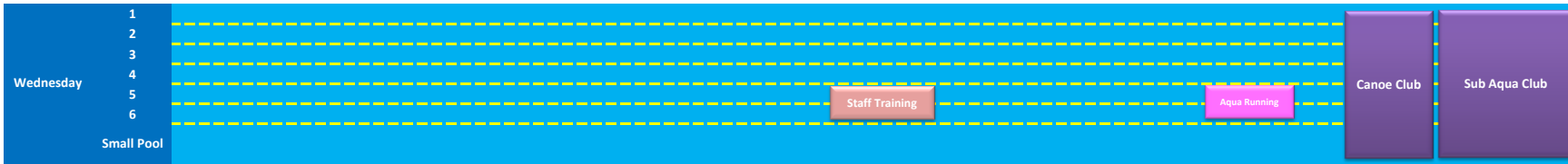
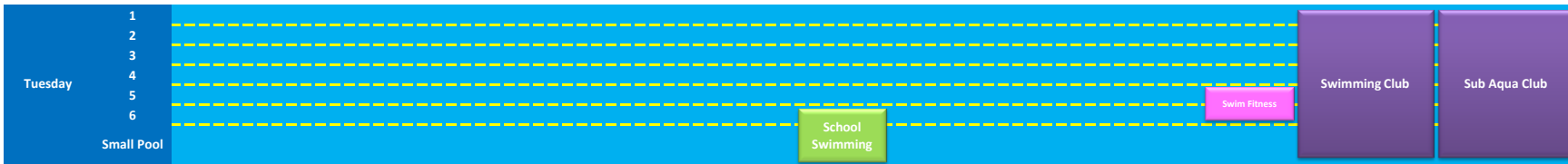
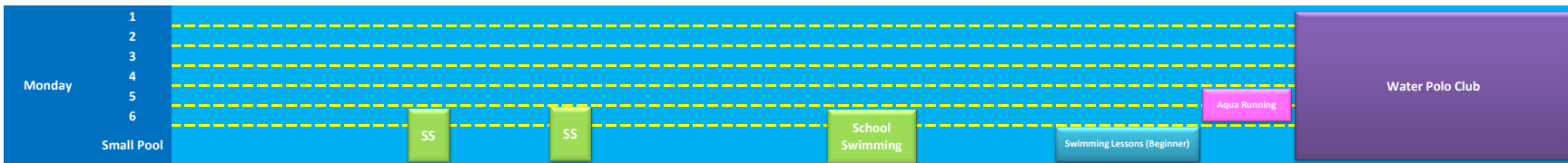


7am 8am 9am 10am 11am 12pm 1pm 2pm 3pm 4pm 5pm 6pm 7pm 8pm 9pm



Light blue shading on the timetable indicates times when swimming is available in 25m lanes.

Lanes 1 & 2 are for slow pace swimmers. Lanes 3 and 4 are for medium pace swimmers and lanes 5 and 6 are for fast pace swimmers.

In cases where there are classes in lanes 5 and 6, alterations will be made to accommodate all levels of swimmers.

The Athletic Union club sessions (shown in purple) are for members of that club only. An AU membership is required to access the training session.

Aqua Running is a sign up class as there is a limited number of suits. It is available to members and non members and you can sign up at the Sports and Fitness Centre reception. There is a charge for these sessions which is payable on arrival.

For further information on the swimming pool timetable please contact the Sports and Fitness Centre reception on **0151 794 3307** or email [sfc@liv.ac.uk](mailto:sfc@liv.ac.uk).

For general information on Sport Liverpool visit

[www.liv.ac.uk/sports](http://www.liv.ac.uk/sports)



# SWIMMING POOL TIMETABLE

## 7th JANUARY to 22nd MARCH





